



website:<http://www.lgservice.com>



MICROWAVE OVEN

OWNER'S MANUAL & COOKING GUIDE

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING.

LMA2111ST/LMA2112WT
LMA2113BT/LMA2114BQT

TABLE OF CONTENTS

SAFETY	3-4
Precautions to Avoid Possible Exposure to Excessive Microwave Energy.....	3
Grounding Instructions.....	3
Important Safety Instructions	4
UNDERSTANDING YOUR MICROWAVE OVEN	5-11
Specifications.....	5
Installation.....	5
Parts and Accessories	6
Built-In Kits.....	6
Control Panel	7
Tips for Microwave Cooking	8
Precautions.....	9
Cleaning.....	9
USING YOUR MICROWAVE OVEN	10-18
Setting Clock.....	10
Ez On	10
Timed Cooking	10
2 Stage Timed Cooking	11
Microwave Power Levels	11
Child Lock	11
Timer	11
Custom Set	12
More/Less	13
Sensor Touch Operation Instruction/Sensor Cook	13
Sensor Cook Chart	14
Sensor Popcorn	15
Sensor Hold Warm	15
Sensor Reheat/Sensor Reheat Chart	15
Auto Cook/Auto Cook Chart	16
Auto Defrost	17
Q Defrost	18
HEATING/REHEATING GUIDE	19
FRESH VEGETABLE GUIDE	20
SENSOR COOK RECIPES	21-23
TROUBLESHOOTING	24-26
Questions and Answers.....	24-25
Before Calling for Service.....	26
WARRANTY	Inside back cover

Thank you for purchasing a LG microwave oven.

Please record the model number and serial number of this unit for future reference. We also suggest you record the details of your contact with LG (LG Electronics U.S.A., Inc.) concerning this unit.

Staple your receipt here for proof of purchase.

Model No: _____

Serial No: _____

Dealer: _____

Dealer Phone No: _____

Customer Relations

LG Electronics U.S.A., Inc.

Service Division Bldg. #3

201 James Record Rd.

Huntsville, AL 35824-0126

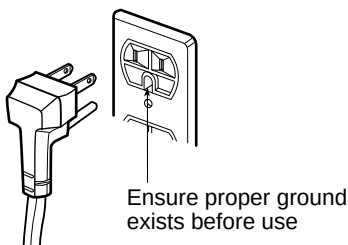
SAFETY

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- **Do not attempt to operate this oven with the door open**, since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- **Do not place any object between the oven front face and the door**, or allow soil or cleaner residue to accumulate on sealing surfaces.
- **Do not operate the oven if it is damaged.** It is particularly important that the oven door closes properly and that there is no damage to the:
 - door (bent),
 - hinges and latches (broken or loosened),
 - door seals and sealing surfaces.
- **The oven should not be adjusted or repaired** by anyone except properly qualified service personnel.

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire and a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.



⚠ WARNING ⚠

Improper grounding can result in a risk of electric shock. Consult a qualified electrician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded, and either:

1. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug and a 3-slot receptacle that will accept the plug on the appliance.

The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance, or . . .

2. Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

NOTES:

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the extension cord must be a grounding-type 3-wire cord, and (3) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

SAFETY

IMPORTANT SAFETY INSTRUCTIONS

The safety instructions below will tell you how to use your oven to avoid harm to yourself or damage to your oven.

WARNING - To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.
2. Read and follow the specific **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY** found on page 3 of this manual.
3. This appliance must be grounded. Connect only to properly grounded outlet. See **GROUNDING INSTRUCTIONS** found on page 3 of this manual.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products, such as whole eggs and sealed containers – for example, closed glass jars – may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service facility for examination, repair, or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not store this appliance outdoors. Do not use this product near water – for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over the edge of a table or counter.
15. When cleaning surfaces of door and oven that come together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
16. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. If materials inside the oven should ignite, **KEEP OVEN DOOR CLOSED**, turn oven off, and disconnect the power cord or shut off power at the fuse or circuit breaker panel.
 - d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
17. Do not heat any type of baby bottles or baby food. Uneven heating may occur and could cause personal injury.
18. Avoid heating small-necked containers such as syrup bottles.
19. Avoid using corrosive and vapors, such as sulfide and chloride.
20. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (instant coffee, etc.), resulting in harm to the oven and possible injury. In all containers, for best results, stir the liquid several times before heating. Always stir liquid several times between reheatings.
21. Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.** To reduce the risk of injury to persons;
 - Do not overheat the liquid.
 - Stir the liquid both before and halfway through heating it.
 - Do not use straight-sided containers with narrow necks.
 - After heating, allow the container to stand in the microwave oven for a short time before removing the container.
 - Use extreme care when inserting a spoon or other utensil into the container.

SAVE THESE INSTRUCTIONS

UNDERSTANDING YOUR MICROWAVE OVEN

SPECIFICATIONS

MODEL	LMA2111ST / LMA2112WT / LMA2113BT / LMA2114BQT
Power Supply	120 V AC, 60 Hz
Rated Power Consumption	1500 W
Microwave Output	*1150 W
Frequency	2450 MHz
Rated Current	13.0A
Overall Dimensions(WxHxD)	23 ⁷ / ₈ "x13 ⁹ / ₁₆ "x19 ¹³ / ₁₆ "
Oven Cavity Dimensions(WxHxD)	17 ¹⁷ / ₃₂ "x10 ⁷ / ₈ "x18 ²¹ / ₃₂ "
Effective Capacity of Oven Cavity	2.1 Cu.ft.

*IEC 60705 RATING STANDARD

Specifications subject to change without prior notice.

INSTALLATION

A. Circuits

For safety purposes this oven must be plugged into a 20 Amp circuit. No other electrical appliances or lighting circuits should be on this line. If in doubt, consult a licensed electrician.

B. Voltage Warning

The voltage used at the wall receptacle must be the same as specified on the oven name plate located on the back or on the side of the control panel of the oven. Use of a higher voltage is dangerous and may result in a fire or other type of accident causing oven damage. Low voltage will cause slow cooking. In case your microwave oven does not perform normally in spite of proper voltage, remove and reinsert the plug.

C. Placement of the Oven

Your microwave oven can be placed easily in your kitchen, family room, or anywhere else in your home. Place the oven on a flat surface such as a kitchen countertop or a specially designed microwave oven cart at least 100cm (39.4 inches) from floor. Do not place oven above a gas range. Free air flow around the oven is important. Allow at least 4 inches of space at the top, sides, and back of the oven for proper ventilation.

NOTES:

- Never place the turntable in the oven upside down.
- You can build your microwave oven into a wall or cabinet by using one of the trim kits listed in the "Built-In Kits" section.

D. Do not block the air vents

All air vents should be kept clear during cooking. If air vents are covered during oven operation the oven may overheat. In this case, a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently.

E. Radio interference

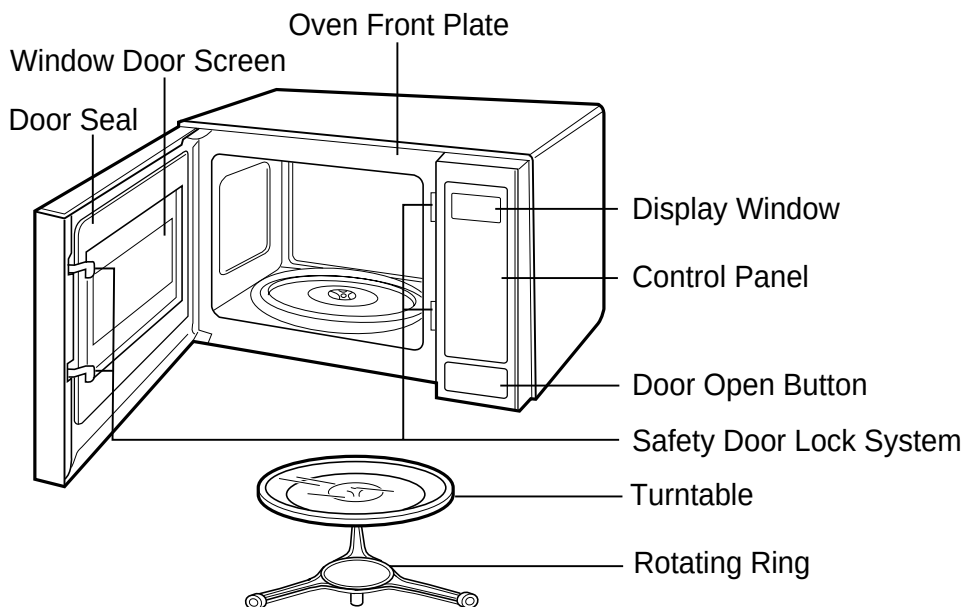
1. Microwave oven operation may interfere with TV or radio reception.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - a. Clean the door and the sealing surfaces of the oven.
 - b. Reorient the receiving antenna of radio or TV.
 - c. Relocate the microwave oven in relation to the TV or radio.
 - d. Move the microwave oven away from the receiver.
 - e. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

UNDERSTANDING YOUR MICROWAVE OVEN

PARTS AND ACCESSORIES

Your oven comes with the following accessories:

- 1 Owner's Manual and Cooking Guide
- 1 Glass Turntable
- 1 Rotating Ring



NOTE: This microwave oven is designed for household use only.
It is not recommended for commercial use.

BUILT-IN KITS

You can build in your microwave oven by using one of the following trim kits.
These kits are available from your dealer.

SIZE	COLOR	KIT MODEL NO.
27	White Black Biscuit Stainless	CMK2127W CMK2127B CMK2127BQ CMK2127ST
30	White Black Biscuit Stainless	CMK2130W CMK2130B CMK2130BQ CMK2130ST

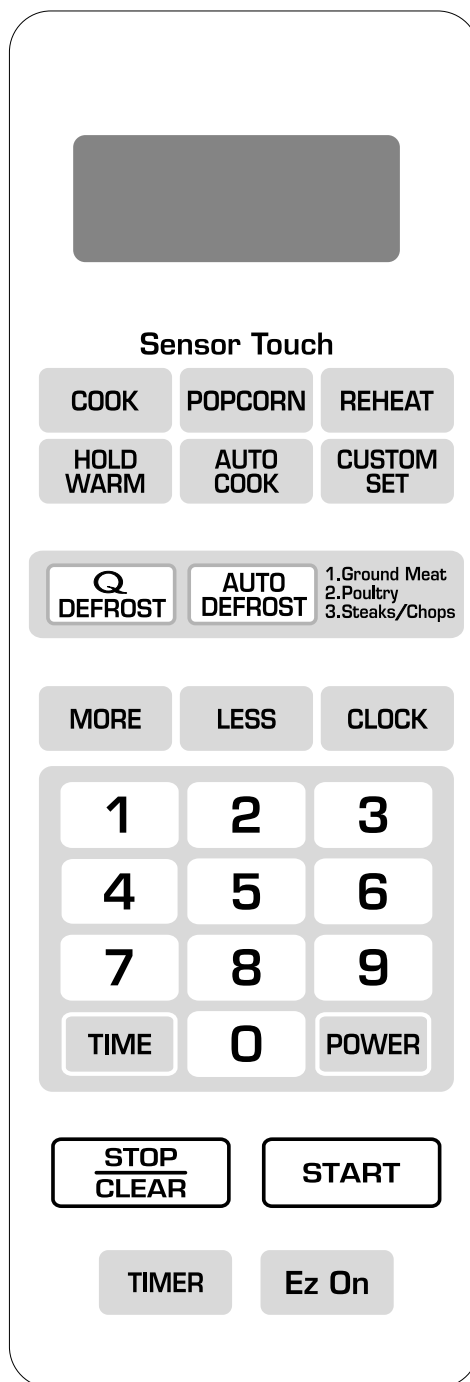
UNDERSTANDING YOUR MICROWAVE OVEN

CONTROL PANEL

1. **DISPLAY:** The display includes a clock and indicators that tell you the time of day, cook time settings, and cooking functions selected.
2. **SENSOR COOK:** Touch this pad to cook without entering a cook power or time.
3. **SENSOR POPCORN:** Touch this pad to pop popcorn without entering a cook power or time.
4. **SENSOR REHEAT:** Touch this pad to reheat without entering a cook power or time.
5. **HOLD WARM:** Touch this pad to keep hot, cooked foods warm in your microwave oven.
6. **AUTO COOK:** Touch this pad to Cook from a variety food categories available.
7. **CUSTOM SET:** Touch this pad to select sound control, clock Off or On, scroll speed, Demo Off or On, lbs /kg.
8. **Q-DEFROST:** Touch this pad to defrost foods quickly.
9. **AUTO DEFROST:** Touch this pad to defrost foods by entering weight or cook time.

MORE → Press MORE will add 10 seconds to the cooking time.

LESS → Press LESS will subtract 10 seconds to the cooking time.
11. **CLOCK :** Touch this pad to enter the time of day.
12. **NUMBER PADS :** Touch number pads to enter cook time, power level, quantities, or weights.
13. **TIME :** Touch this pad to set a cook time.
14. **POWER :** Touch this pad to set a cook power.
15. **STOP/CLEAR :** It used to stop oven and clear all entries except time day.
16. **START :** This feature allows oven to begin functioning.
17. **TIMER :** Touch this pad to use your microwave oven as a kitchen timer.
18. **EZ ON :** You can extend cooking time in multiples of 30 seconds by repeatedly touching this pad during cooking.



UNDERSTANDING YOUR MICROWAVE OVEN

TIPS FOR MICROWAVE COOKING

BROWNING

Meat and poultry with high fat content cooked for at least 10 to 15 minutes will brown lightly. Foods cooked a shorter time can be brushed with a browning agent, such as Worcestershire sauce, soy sauce, or barbecue sauce.

COVERING

A cover will trap heat and steam and cause the food to cook more quickly. Use a lid or microwave-safe plastic wrap with one corner folded back to vent the excess steam. Lids on glass casseroles can become hot during cooking; always handle carefully. Waxed paper will prevent the food from splattering in the oven and help retain heat. When warming bread items, use waxed paper, napkins, or paper towels. To absorb extra moisture, wrap sandwiches and fatty foods in paper towels.

SPACING

Arrange individual foods, such as baked potatoes, cupcakes, and hors d'oeuvres in a circle and at least 1 inch apart. This will help the food cook more evenly.

STIRRING

Stirring blends flavors and redistributes the heat in foods. Always stir from the outside toward the center of the dish. Food at the outside of the dish heats first.

TURNING

Large foods, such as roasts and whole poultry, should be turned so that the top and bottom cook evenly. Also turn over chicken pieces and chops.

ARRANGEMENT

Do not stack food. Arrange in a single layer in the dish for more even cooking. Because dense foods cook more slowly, place thicker portions of meat, poultry, fish, and vegetables toward the outside of the dish.

TESTING FOR DONENESS

Foods cook quickly in a microwave oven; test frequently for doneness.

STANDING TIME

Food often needs to stand from 2 to 15 minutes after being removed from the oven. Usually, you need to cover food during standing time to retain heat. Remove most foods when they are slightly undercooked and they will finish cooking during standing time. The internal temperature of food will rise about 10°F during standing time.

SHIELDING

To prevent some portions of rectangular or square dishes from overcooking, you may need to shield them with small strips of aluminum foil to block the microwaves. You can also cover poultry legs and wing tips with foil to keep them from overcooking.

Always keep foil at least 1 inch from oven walls to prevent arcing.

PIERCING

Pierce the shell, skin, or membrane of foods before cooking to prevent them from bursting. Foods that require piercing include yolks and whites of eggs, hot dogs, clams, oysters, and whole vegetables, such as potatoes and squash.

UNDERSTANDING YOUR MICROWAVE OVEN

PRECAUTIONS

- Place the front surface of the door three inches or more from the countertop edge to avoid accidental tipping of the microwave oven during normal use.
- To program the oven, make sure you touch the center of each pad firmly since the areas between the pads will not activate the oven. A tone will sound each time a pad is touched correctly. Do not touch several pads at once.
- Do not strike the control panel with silverware, cookware, etc. Breakage may occur.
- Always use caution when taking cookware out of the oven. Some dishes absorb heat from the cooked food and may be hot. See the "Cookware Guide" earlier in this section for more information.
- Do not rinse cookware immediately after cooking. This may cause breakage. Also, always allow the turntable to cool before removing it from the oven.
- Never operate the oven when it is empty. Food or water should always be in the oven during operation to absorb the microwave energy.
- Do not use the oven to dry newspapers or clothes. They may catch fire.
- Use thermometers that have been approved for microwave oven cooking.
- The turntable must always be in place when you operate the oven.
- Do not use your microwave oven to cook eggs in the shell. Pressure can build up inside the shell, causing it to burst.
- There are several precautions to follow when microwaving popcorn:
 - Do not pop popcorn, except in a microwave-safe container or commercial packages designed for microwave ovens.
 - Never try to pop popcorn in a paper bag that is not microwave-approved.
 - Overcooking may result in smoke and fire.
 - Do not repop unpopped kernels.
 - Do not reuse popcorn bags.
 - Listen while corn pops. Stop oven when popping slows to 2-3 seconds between pops.
 - Do not leave microwave unattended while popping corn.
 - Follow directions on bag.

CLEANING

NOTE: Before cleaning the oven, unplug the power cord. If this is impossible, open the oven door to prevent an accidental oven start.

INTERIOR

Wipe the oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done weekly or more often, if needed. Never use cleaning powders or rough pads.

Excessive oil splatters on the inside top will be difficult to remove if left for many days. Wipe splatters with a wet paper towel, especially after cooking chicken or bacon.

REMOVABLE PARTS

The turntable and rotating ring are removable. They should be hand-washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse well and dry with a soft cloth. Never use cleaning powders, steel wool, or rough pads.

- The turntable may be cleaned at the sink. Be careful not to chip or scratch the edges as this may cause the turntable to break during use.
- The rotating ring should be cleaned regularly.

DOOR

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease buildup. Wipe often with a mild detergent; then rinse and wipe dry. Never use cleaning powders or rough pads.

After cleaning the control panel, touch CLEAR to clear any entries that might have been entered accidentally while cleaning the panel. Also make sure that the turntable and rotating ring are in the right position.

USING YOUR MICROWAVE OVEN

SETTING THE CLOCK

This is a 12 hour clock.

Example: To set 11:11 (PM)

Touch **STOP/CLEAR**.

Touch **CLOCK** pad twice.
PM ENTER
TIME OF DAY shows in the display.

Enter the time by using the number key pads.
[1], [1], [1], and [1].
TOUCH START
shows in the display.
The clock starts counting and 11:11P shows in the display.

NOTE:

You can select AM or PM by touching CLOCK pad alternately.

EZ ON

A time-saving pad, this simplified control lets you quickly set and start microwave cooking without the need to touch START.

Example: To set EZ ON cooking 2 minutes.

Touch **STOP/CLEAR**.

Touch **EZ ON** 4 times.
The oven begins cooking and display shows time counting down.

NOTE:

If you touch **EZ ON**, it will add 30 seconds up to 3 minutes 30 seconds; after 3 minutes 30 seconds, every touch will add 1 minute up to 99 min 59 seconds.

TIMED COOKING

This function allows you to cook food for a desired time. And in order to give you the best results, there are 10 power level settings in addition to HI-POWER because many food need slower cooking (at less than HI-POWER).

Example: To cook food on 80% Power (Power8) for 5 minutes 30 seconds

1. Touch **STOP/CLEAR**.

2. Touch **TIME**.
ENTER COOKING
TIME shows in the display.

3. Enter 5 minutes 30 seconds by touching [5], [3], and [0].
TOUCH START OR
POWER shows in the display.

4. Touch **POWER**.
ENTER POWER
LEVEL 1 TO 10 shows in the display.

5. Touch **8**.
P-80 TOUCH
START shows in the display.

6. Touch **START**.

When cooking is complete, four short tones will sound. The word END shows in the display window. Then the oven shuts itself off.

NOTE:

If you do not select the power level, the oven will operate at power HIGH. To set HI-POWER cooking, skip steps 4 & 5 above.

USING YOUR MICROWAVE OVEN

2 STAGE TIMED COOKING

For Two Stage cooking, repeat timed cooking steps 2 through 5 on the previous page before touching the START pad for additional Time and Power program you want to add.

Auto Weight Defrost can be programmed before the first stage to defrost first and then cook.

MICROWAVE POWER LEVELS

Your microwave oven is equipped with ten power levels to give you maximum flexibility and control over cooking. The table below will give you some idea of which foods are prepared at each of the various power levels.

*The chart below shows the power level settings for your oven.

MICROWAVE POWER LEVEL CHART

Power Level	Use
10 (High)	*Boiling water. *Making candy. *Cooking poultry pieces, fish, & vegetables. *Cooking tender cuts of meat. *Whole poultry.
9	*Reheating rice, pasta, & vegetables.
8	*Reheating prepared foods quickly. *Reheating sandwiches.
7	*Cooking egg, milk and cheese dishes. *Cooking cakes, breads. *Melting chocolate.
6	*Cooking veal. *Cooking whole fish. *Cooking puddings and custard.
5	*Cooking ham, whole poultry, lamb. *Cooking rib roast, sirloin tip.
4	*Thawing meat, poultry and seafood.
3	*Cooking less tender cuts of meat. *Cooking pork chops, roast.
2	*Taking chill out of fruit. *Softening butter.
1	*Keeping casseroles and main dishes warm. *Softening butter and cream cheese.
0	* Standing time. * Independent.

CHILD LOCK

This is a unique safety feature that prevents unwanted oven operation such as used by children. Once the CHILD LOCK is set, no cooking can take place.

To set the child lock

0

Touch and hold **0** until

LOCKED appears in the display and two beeps are heard. If the time of day was already set, the time of day will return to the display window. After you touch another cooking pad.

If the CHILD LOCK was already set and you touched another cooking pad, the word **LOCKED** shows in the display.

Then you can cancel the CHILD LOCK according to below procedure.

To cancel the child lock

0

Touch and hold **0** pad until

LOCKED disappears in the display.

After the CHILD LOCK is turned off, the time of day will return to the display window. The oven will operate normally.

TIMER

You can use the Timer of your oven for purposes other than food cooking.

To set the timer

**STOP
CLEAR**

The **STOP/CLEAR**.



Touch **TIMER** pad.

TIMER

**ENTER TIME IN
MIN AND SEC** will be shows in the display.



Touch **3, 0, 0**.

3 0 0

**3:00 TOUCH
START** will be shows in the display.



START

Touch **START** pad.

USING YOUR MICROWAVE OVEN

CUSTOM SET

CUSTOM SET provides five modes which make using your microwave oven quite handy. You can select SOUND ON/OFF, CLOCK ON/OFF, SCROLL SPEED, LBS/KG, AND DEMO MODE ON/OFF.

Example 1: To turn off Sound of beeper.

STOP
CLEAR

1. Touch **STOP/CLEAR**.



CUSTOM
SET

2. Touch **CUSTOM SET**.

Five modes show in the display repeatedly. You can set them according to your intention:



1

3. Touch **1**.

SOUND ON TOUCH 1
OFF TOUCH 2 shows
in the display.



2

4. Touch **2**.

SOUND OFF shows in
the display and the current
time will be displayed.

NOTE: To turn beep sound
back on, repeat steps 1 - 3
then touch number 1.

Example 2: To select kg unit.

STOP
CLEAR

1. Touch **STOP/CLEAR**.



CUSTOM
SET

2. Touch **CUSTOM SET**.

Five modes show in the
display continuously. You
can set them according to
your intention.



4

3. Touch **4**.

LBS TOUCH 1
KG TOUCH 2 shows in
the display.



2

4. Touch **2**.

KG shows in the display
and the current time will be
displayed.

Note: To select LBS, repeat
steps 1-3 then, touch
number 1.

CUSTOM SET FUNCTION CHART

NO	FUNCTION	CHOICE
1	SOUND ON / OFF	Sound On or Sound Off
2	CLOCK ON / OFF	Clock On or Clock Off
3	SCROLL SPEED	Slow, Normal, or Fast
4	LBS / KG	Lbs or Kg
5	DEMO ON / OFF	Demo On or Demo Off

NOTE: When the power cord is first plugged in, the default setting are Sound ON, Clock ON, Normal, Speed, LBS, and DEMO OFF.

USING YOUR MICROWAVE OVEN

MORE/LESS

By using the MORE or LESS keys, TIMED COOK program can be adjusted to cook food for a longer or shorter time. Pressing MORE will add 10 seconds to the cooking time each time you press it. Pressing LESS will subtract 10 seconds of cooking time each time you press it.

To adjust the autocook(ex. beverage 2 cups) cooking time for a longer time, or for a shorter time

STOP
CLEAR

Touch **STOP/CLEAR**.



AUTO
COOK

Touch **AUTO COOK**.

SELECT MENU
1 TO 9 -- SEE
COOKING GUIDE
BEHIND DOOR
shows in the display.

4

Touch **4**.

BEVERAGE TOUCH
1 TO 2 CUPS shows
in the display.



2

Touch **2**.

NOTE: Press the MORE
or LESS pad during time
countdown.

Categories:

Sensor Cook Menu
Sensor Reheat Menu
Sensor Hold Warm
Sensor Popcorn

For most Sensor Touch Cooking programs, a chart with specific food examples and cooking instructions is provided in the next new pages.

1. The Sensor Touch system works by detecting a build-up of vapor.
2. Make sure the door remains closed.
3. Once the vapor is detected, two beeps will sound.
4. Opening the door or touching the STOP/CLEAR pad before the vapor is detected will abort the process. The oven will stop.
5. Before using Sensor Touch, make sure the glass turntable is dry, to assure the best results.

SENSOR COOK

SENSOR COOK allows you to cook most of your favorite foods without having to select cooking times and power levels. This oven automatically determines required cooking times for each food item. This feature has 10 food categories.

To cook FROZEN ENTREE

STOP
CLEAR

Touch **STOP/CLEAR**.



COOK

Touch **COOK**.

SELECT MENU
0 TO 9 -- SEE
COOKING GUIDE
BEHIND DOOR
shows in the display.



4

Touch **4**. then, the oven will
cook food automatically by
sensor system.

SENSOR TOUCH OPERATION INSTRUCTION

Sensor touch cooking provides exciting new features to make microwaving easier. Your new microwave oven will guide you, step by step, whether it be simply to reheat food or cook food. and sensor menu with all the popular food choices helps you to cook perfectly because it has been pre-programmed and can tell how long to cook or reheat food items.

USING YOUR MICROWAVE OVEN

SENSOR COOK CHART

Touch SENSOR, then the number of the category.

Code	Category	Direction	Amount
1	Potato	Pierce each potato with a fork and place on the oven tray around the edge, at least one inch apart.	1 - 4 medium approx. 10 oz. each
2	Fresh Vegetable	Prepare as desired, wash, and leave residual water on the vegetables. Place in an appropriately-sized microwave container, cover with plastic wrap and vent.	1 - 4 cups
3	Frozen Vegetable	Remove from package, rinse off frost under running water. Place in an appropriately-sized microwave container, cover with plastic wrap and vent.	1 - 4 cups
4	Frozen Entree	Remove from outer display package. Slit cover. If not in microwave safe container, place on plate, cover with plastic wrap and vent.	10 ~21 oz Works best if entree is less than an inch thick or less than 3 /4 pound.
5	Rice	Place rice and twice as much liquid (water or chicken or vegetable stock) in a 2-quart microwavable dish. Cover with plastic wrap. When cooking is complete, allow 10 minutes standing time. Stir for fluffier rice.	1/2 - 2 cups Use medium or long grain rice. Cook instant rice according to directions on the package.
6	Casserole	Assemble the ingredients per the recipe in a 1-2 quart casserole. Cover with plastic wrap and vent. After cooking is complete, allow 10 minutes standing time. When using rice in a casserole recipe, use Minute TM Rice and cook on RICE setting.	1 - 4 cups See pages 20 - 21 for recipes.
7	Ground Meat	Crumble into an appropriately sized microwavable container and push gently to the sides, leaving a void in the center. Season and cover with plastic wrap. Vent cover for well-done meat, cover dish for medium cooked, as in meat to be used in another dish and cooked further.	1/4 - 2 pounds
8	Fish, Seafood	Place the food around the sides of an appropriate microwave container. Season and add 1 /4-1 /2 cup liquid (wine, water, salsa, etc.) Cover with plastic wrap, vented.	1/4 - 2 pounds
9	Scrambled Eggs	Break eggs into a 4-cup measuring cup or 1-quart casserole. Cover with plastic wrap, vented. When cooking is complete, remove from oven, stir, and allow 1-2 minutes standing time.	2 - 5 ea See page 20 - 21 for recipes.
0	Frozen Pizza	Follow package directions. Use only frozen pizza made for microwave use (the kind that comes with a succceptor cooking tray). After cooking, remove from oven and place on wire rack so crust will crisp further.	1 - 2 slices

If you open the door or press STOP during sensing, the process will be canceled.

USING YOUR MICROWAVE OVEN

SENSOR POPCORN

SENSOR POPCORN lets you pop commercially packaged microwave popcorn. (1.75-3.5 ounces) For best results, use fresh one bag of popcorn. Place only one bag of prepackaged microwave popcorn on the center of turntable.

To pop 3.5 oz

STOP
CLEAR

Touch **STOP/CLEAR**.

⇓

POPCORN

Touch **POPCORN**.
POPCORN scroll in the display. then The oven will cook food automatically by sensor system.

NOTE:

- Do not attempt to reheat or cook any unpopped kernels.
- Do not use popcorn popping devices in microwave oven with this feature.
- If you use a microwave popper, test it on sensor. We had excellent results, but there are many such devices available and their results may vary. IN NO CASE should you use a popper that concentrates the microwave energy.

SENSOR HOLD WARM

You can safely keep hot, cooked food warm in your microwave oven for up to 99minutes. You can use **HOLD WARM** by itself, or to automatically follow a timed cooking cycle.

To cook cake (1 package)

STOP
CLEAR

Touch **STOP/CLEAR**.

⇓

HOLD
WARM

Touch **HOLD WARM**.
Display scrolls the words
TOUCH START

⇓

START

Touch **START**.
Display shows WARM

To program HOLD WARM to automatically follow another cooking cycle :

- After entering the timed cooking instruction, touch HOLD WARM before touching Start/Pause.
- When the last cooking cycle is over, you will hear two tones. "WARM" will show on the display while the oven continues to run.

NOTE:

- Opening the door or touching **Clear** cancels **HOLD WARM**.
Close the door and touch **HOLD WARM**, then touch **Start/Pause** if additional **HOLD WARM** time is desired.

- Food that is covered during cooking should be covered during **HOLD WARM**.
- Pastry items (pies, turnovers, etc.) should be uncovered during **HOLD WARM**.
- Complete meals kept warm on a dinner plate should be covered during **HOLD WARM**.
- Do not use more than one complete **HOLD WARM** cycle. The quality of some foods will suffer with extended time.

SENSOR REHEAT

This feature allows you to reheat precooked room-temperature or refrigerated foods without selecting cooking times and power levels. This feature has 3 categories : dinner plate, soup/sauce, casserole.

To reheat casserole

STOP
CLEAR

Touch **STOP/CLEAR**.

⇓

REHEAT

Touch **REHEAT** pad.
SELECT MENU
1 TO 3 -- SEE
COOKING GUIDE
BEHIND DOOR scroll in the display.

⇓

3

Touch number **3**.
then the oven will reheat food automatically by sensor system.

SENSOR REHEAT CHART

Use	Cate-gory	Direction	Amount
1	Dinner plate	Place foods to be heated on dinner plate or similar dish. Cover with plastic wrap.	Approx. 1/2-1 pound
2	Soup/ Sauce	Place food to be heated in an appropriate size microwave container. Cover with plastic wrap.	1-4 cups
3	Casse- role	Cover dish containing the casserole with plastic wrap.	1-4 cups

USING YOUR MICROWAVE OVEN

AUTO COOK

This feature allows to cook foods that you select by touching AUTO COOK pad. It has 6 foods categories.

To cook four slices of bacon

Touch **STOP/CLEAR**.

Touch **AUTO COOK**, then

SELECT MENU

1 TO 6 -- SEE

COOKING GUIDE

BEHIND DOOR

shows in the display.

Touch number **1**.

BACON TOUCH

2 TO 6 SLICES

shows in the display.

Touch number **4**, then the oven will start automatically.

AUTO COOK CHART

• First, touch AUTO COOK pad, then select food and amount.

Code	Category	Direction	Amount
1	Bacon	Place bacon strips on microwave bacon rack for best results. (Use diner plate lined with paper towels if none available).	2-6 slices
2	Frozen Roll/ Muffin	Remove from display package and place on plate. (If muffins are over 3 oz. each, count as two when keying quantity.)	1-6 pieces. (2-3 ounces each)
3	Fresh Roll/ Muffin	Remove from display package and place on plate. (If muffins are over 3 oz. each, count as two when keying quantity.)	1-6 pieces. (2-3 ounces each)
4	Beverage	Remove from display package and place on plate. (Be careful! The beverage will be very hot! Sometimes liquids heated in cylindrical containers will splash out when the cup is moved.)	1-2 cups
5	Chicken Pieces	Place the chicken pieces in an appropriately sized microwavable container, cover with plastic wrap, and vent.	1/2-2.0 lbs
6	Hot Cereal	Prepare as directed on package and cook. Stir and allow standing time before eating. Use only instant hot cereal.	1-6 servings

If you open the door or press STOP during cooking, the process will be canceled.

USING YOUR MICROWAVE OVEN

AUTO DEFROST

Three defrost sequences are preset in the oven. The defrost feature provides you with the best defrosting method for frozen foods. The cooking guide will show you which defrost sequence is recommended for the food you are defrosting. With the Auto Defrost feature, the oven automatically sets the defrosting time and power levels for you.

The oven automatically determines required defrosting times for each food item according to the weight you enter.

For added convenience, the Auto Defrost includes a built-in beep mechanism that reminds you to check, turn over, separate, or rearrange. Three different defrosting levels are provided.

1 GROUND MEAT

2 POULTRY

3 STEAKS / CHOPS

*Available weight is 0.1~6.0 lbs.

Example: To defrost 1.2 lbs of ground meat

STOP CLEAR	Touch STOP/CLEAR .
↓	Touch AUTO DEFROST .
AUTO DEFROST	GROUND MEAT TOUCH 1 POULTRY TOUCH 2 STEAKS / CHOPS TOUCH 3
↓	shows in the display.
1	Touch 1 .
↓	ENTER WEIGHT
↓	shows in the display.
1 2	Enter the weight by touching [1] and [2] .
↓	1.2 LBS TOUCH
↓	START
START	Touch START . Defrosting starts.

NOTE:

When you touch the START pad, the display changes to defrost time count down. The oven will beep twice during the DEFROST cycle.

At each beep, open the door and turn, separate, or rearrange the food.

Remove any portions that have thawed.

Return frozen portions to the oven and touch START to resume the defrost cycle.

*For best results, remove fish, shellfish, meat, and poultry from its original closed paper or plastic package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook.

*For best results, shape your ground meat into the form of a doughnut before freezing. When defrosting, scrape off thawed meat when the beep sounds and continue defrosting.

*Place foods in a shallow container or on a microwave roasting rack to catch drippings.

*Food should still be somewhat icy in the center when removed from the oven.

AUTO DEFROST SEQUENCE LIST

Sequence	Food
1 GROUND MEAT	BEEF Ground beef, Round steak, Cubes for stew, Tenderloin steak, Pot roast, Rib roast, Rump roast, Chuck roast, Hamburger patty. LAMB Chops (1 inch thick), Rolled roast PORK Chops (1/2 inch thick), Hot dogs, Spareribs, Country-style ribs. Rolled roast, Sausage. VEAL Cutlets (1 lbs, 1/2 inch thick)
2 POULTRY	POULTRY Whole (under 4 lbs.), Cut-up, Breasts (boneless) CORNISH HENS Whole TURKEY Breast(under 6 lbs.)
3 STEAKS /CHOPS	STEAKS/CHOPS Round beef steak, Tenderloin steak Lamb chops (1 inch thick) Pork chops (1/2 inch thick) Veal cutlets (1 lbs, 1/2 inch thick) FISH Fillets, Whole Steaks SHELLFISH Crab meat, Lobster tails, Shrimp, Scallops

USING YOUR MICROWAVE OVEN

Q DEFROST

Example : To defrost 1 lb ground beef.

Touch **STOP/CLEAR**.

Touch **Q DEFROST**.

GROUND BEEF
TOUCH 1

CHICKEN PIECES
TOUCH 2

FISH FILLETS
TOUCH 3

Touch **1**.
Time counting down after
GROUND BEEF scroll in
the display.

Three Q defrost sequences are preset in the oven. The Q defrost feature provides you with the express defrosting method for 1.0 pound frozen foods. The oven automatically sets the defrosting time for each food.

You can select the category by touching the number's key 1 (GROUND BEEF), 2 (CHICKEN PIECES) and 3 (FISH FILLETS) after touching the Q defrost.

NOTE:

The oven will beep during the DEFROST CYCLE. At this time open the door and turn over, separate, or rearrange the food.

Q Defrost provides just enough defrosting that the foods can be used in recipes or for cooking.

There will be some ice crystals remaining.

HEATING/REHEATING GUIDE

To heat or reheat successfully in a microwave oven, it is important to follow several guidelines. Measure the amount of food in order to determine the time needed to reheat. Arrange the food in a circular pattern for best results. Room temperature food will heat faster than refrigerated food. Canned foods should be taken out of the can and placed in a microwave-safe container. The food will heat more evenly if covered with a microwave-safe lid or vented plastic wrap. Remove cover carefully to prevent steam burns. Use the following chart as a guide for reheating cooked food.

ITEMS	COOK TIME (AT HIGH)	SPECIAL INSTRUCTIONS
Sliced meat 3 slices (1/4-inch thick)	1-2 minutes	Place sliced meat on microwavable plate. Cover with plastic wrap and vent. Note: Gravy or sauce helps to keep meat juicy.
Chicken pieces 1 breast 1 leg and thigh	2-3 1/2 minutes 1 1/2-3 minutes	Place chicken pieces on microwavable plate. Cover with plastic wrap and vent.
Fish fillet (6-8 oz.)	2-4 minutes	Place fish on microwavable plate. Cover with plastic wrap and vent.
Lasagna 1 serving (10 1/2 oz.)	4-6 minutes	Place lasagna on microwavable plate. Cover with plastic wrap and vent.
Casserole 1 cup 4 cups	1-3 1/2 minutes 5-8 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Casserole – cream or cheese 1 cup 4 cups	1 1/2-3 minutes 3 1/2-5 1/2 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Sloppy Joe or Barbecued Beef 1 sandwich (1/2 cup meat filling) without bun	1-2 1/2 minutes	Reheat filling and bun separately. Cook filling covered in microwavable casserole. Stir once. Heat bun as directed in chart below.
Mashed potatoes 1 cup 4 cups	1-3 minutes 5-8 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Baked beans 1 cup	1 1/2-3 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup 4 cups	2 1/2-4 minutes 7 1/2-11 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Rice 1 cup 4 cups	1 1/2-3 1/2 minutes 4-6 1/2 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Sandwich roll or bun 1 roll	15-30 seconds	Wrap in paper towel and place on glass microwavable rack
Vegetables 1 cup 4 cups	1 1/2-2 1/2 minutes 4-6 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Soup 1 serving (8 oz.)	1 1/2-2 1/2 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.

FRESH VEGETABLE GUIDE

Vegetable	Amount	Cook Time at High (Minute)	Instructions	Standing Time
Artichokes (8 oz. each)	2 medium 4 medium	5-8 10-13	Trim. Add 2 tsp water and 2 tsp juice. Cover.	2-3 minutes
Asparagus, Fresh, Spears	1 lb.	3-7	Add ½ cup water. Cover.	2-3 minutes
Beans, Green & Wax	1 lb.	8-12	Add ½ cup water in 1½ qt. casserole. Stir halfway through cooking.	2-3 minutes
Beets, Fresh	1 lb.	14-18	Add ½ cup water in 1½ qt. covered casserole. Rearrange halfway through cooking.	2-3 minutes
Broccoli, Fresh, Spears	1 lb.	5-9	Place broccoli in baking dish. Add ½ cup water.	2-3 minutes
Cabbage, Fresh, Chopped	1 lb.	6-8	Add ½ cup water in 1½ qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Carrots, Fresh, Sliced	2 cups	3-6	Add ¼ cup water in 1 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Cauliflower, Fresh, Whole	1 lb.	7-11	Trim. Add ¼ cup water in 1 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Flowerettes, Fresh	2 cups	2½-4½	Slice. Add ½ cup water in 1½ qt. covered casserole.	2-3 minutes
Celery, Fresh, Sliced	4 cups	6-8	Stir halfway through cooking.	2-3 minutes
Corn, Fresh	2 ears	5-9	Husk. Add 2 tbsp water in 1½ qt. baking dish. Cover.	2-3 minutes
Mushrooms, Fresh, Sliced	½ lb.	2-3½	Place mushrooms in 1½ qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Parsnips, Fresh, Sliced	1 lb.	4-8	Add ½ cup water in 1½ qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Peas, Green, Fresh	4 cups	7-10	Add ½ cup water in 1½ qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Sweet Potatoes Whole Baking (6-8 oz. each)	2 medium 4 medium	5-7 7-13	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes 2-3 minutes
White Potatoes, Whole Baking (6-8 oz. each)	2 potatoes 4 potatoes	5-8 9-15	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes 2-3 minutes
Spinach, Fresh, Leaf	1 lb.	5-8	Add ½ cup water in 2 qt. covered casserole.	2-3 minutes
Squash, Acorn or Butternut, Fresh	1 medium	7-9	Cut squash in half. Remove seeds. Place in 8 x 8-inch baking dish. Cover.	2-3 minutes
Zucchini, Fresh, Sliced	1 lb.	5-8	Add ½ cup water in 1½ qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Zucchini, Fresh, Whole	1 lb.	7-10	Pierce. Place on 2 paper towels. Turn over and rearrange halfway through cooking.	2-3 minutes

SENSOR COOK RECIPES

Vegetables

Vegetable Medley, serves 4 as a side dish or 2 as a meal

2 large carrots, cut into 1 inch pieces
1 large baking potato, diced
1 medium red onion, thinly sliced
4 cloves of garlic, peeled
2 stalks celery, cut into 1 inch pieces
2 tablespoons olive oil
salt and pepper to taste

Place everything in a 2 quart microwave dish, cover and cook with **sensor** or microwave on high power for about 10 minutes or until the carrots are tender.

Stewed Peppers, serves 4

1 large red bell pepper, cored and cut into 1 inch strips
1 large green bell pepper, cored and cut into 1 inch strips

1 medium red onion, thinly sliced
2 cloves garlic, smashed
1 cup prepared salsa
2 tablespoons olive oil
salt and pepper to taste

Place everything in a 2 quart microwave dish, cover and cook with **sensor** or microwave on high power for about 12 minutes or until the peppers are very soft.

Rice

Spanish Rice, serves 4

1/2 pound lean ground beef or smoke sausage
1 medium green bell pepper, cored and chopped
1 small yellow onion, chopped
1 cup instant rice
1 can (14 ounces) stewed tomatoes
1 teaspoon chili powder

Place the meat, pepper, onion in a 2 quart microwave dish and microwave 2 minutes on high power. Drain off the fat. Stir in the other ingredients, cover and cook on **sensor**.

Casserole

Macaroni and Cheese, serves 4

4 ounces macaroni noodles, cooked as directed on package
1 cup shredded cheddar cheese
1 large egg
2/3 cup milk
2 ounces canned, diced pimentos
salt, pepper to taste
cayenne pepper to taste, optional

Mix the egg with the milk and blend with the other ingredients in a 2 quart microwave dish. Cover and cook on **sensor**.

Ground Beef and Noodle Casserole, serves 4

5 ounces egg noodles, cooked according to package directions

1 pound lean ground beef, cooked and drained
2 cups cooked chopped broccoli, either fresh OR 10 ounces cooked peas

1 can (10 3/4 ounces) cheddar cheese soup salt and pepper to taste

2 ounces canned pimentos, optional

Mix everything in a 2 quart casserole, cover and cook on **sensor**.

Shepherd's Pie, serves 4

1 pound ground beef, lamb or turkey, cooked and drained

1 package frozen, cut green beans, defrosted or equal amount of cooked green beans

1 can, (10 ounces) condensed cream of mushroom soup

2 cups instant mashed potatoes prepared as directed on package or equal amount of leftover mashed potatoes

4 tablespoons butter melted
salt and pepper to taste

Spread the beans over the bottom of a 1 1/2 quart microwave dish. Mix the meat with the soup and season with salt and pepper. Spread this mixture over the beans and spread the potatoes over the meat. Drizzle the butter over the top of the casserole and cook on **sensor** or microwave on medium power for about 8 minutes or to an internal temperature of 180 degrees.

Chicken and Spaghetti Casserole, serves 2

2 boneless chicken breasts, cooked and diced

1 pound spaghetti or other noodles of choice, cooked as directed on package

1 can (14 ounces) creamed corn

1 can (14 ounce) stewed tomatoes

1 cup frozen peas, defrosted

1 cup shredded mozzarella cheese

Mix the first 5 ingredients in a 2 quart microwave dish and spread the cheese over the top. Cover and cook on **sensor** or microwave on medium power for 10 minutes or to an internal temperature of 180 degrees.

Fish, Seafood

Poached Salmon, serves 4

1/2 cup dry white wine

1/2 cup bottled clam juice

4 sprigs fresh dill weed or 1 tablespoon dried dill weed
6 pepper corns

4 small salmon steaks, about 4 ounces each lemon slices

In a shallow 2 quart microwave dish place the first 5 ingredients, cover and microwave on high power 3 minutes. Add the salmon, recover and cook on **sensor** or microwave on high power for 3-4 minutes or until the cooked and the internal temperature is about 160 degrees.

SENSOR COOK RECIPES

Peel and Eat Shrimp, serves 2

1/2 cup dry white wine
2 cloves garlic, minced
2 tablespoons lemon juice
4 tablespoons butter
1 pound large shrimp in shells

Place everything in a 2 quart microwave dish push to the edge of the dish, cover and cook on **sensor** or microwave on high power for about 5 minutes, stirring once or until the shrimp are pink. Peel the shrimp and serve with juices.

Rolled Fish Filets, serves 4

4 fish filets, sole, flounder, catfish or roughly about 4 ounces each
lemon pepper
2 tablespoons lemon juice

Season the fish with lemon pepper and roll up and secure with a wooden pick. Place in a glass pie plate and sprinkle with lemon juice. cover with plastic wrap and cook on **sensor** or microwave on medium power for about 5 minutes or until the fish is opaque and flakes easily. Mix the juices with 1/4th. / 4cups Italian salad dressing and pour over the fish.

Fish Filets Parmesan, serves 4

4 fish filets (about 4 ounces each) folded over
1 cup prepared spaghetti sauce
1/2 cup Parmesan cheese, grated

Place the sauce in a 2 quart microwave dish and lay the fish over with the thicker part toward the side of the dish. Sprinkle with cheese. Cover and cook on **sensor**.

Trout Almandine, serves 2

2 whole trout, about 8 ounces each
2 tablespoons slivered almonds
2 tablespoons lemon juice
4 slices bacon, crisp cooked and crumbled
4 tablespoons chopped parsley

Place the fish along side each other head to tail in a 10 inch glass pie plate. Add the lemon juice and butter, and cover with plastic wrap and cook on **sensor** or microwave on medium power for about 6 minutes or until the fish is done. Place on a serving platter and pour cooking juices over the fish and sprinkle with nuts, bacon and parsley.

Eggs

Hard Cooked Eggs for Egg Salad -

If you've ever made an egg salad the traditional way you know it's quite a task. You have to boil the eggs, allow them to cool and then peel them before you chop them and add the other ingredients. When you cook the eggs as directed here, the job is so much easier but the recipe looks and tastes the same.

Put 1/4 cup hot water and carefully crack eggs in a 4-cup measuring cup or 1-quart casserole dish. Gently pierce the yolks with a fork. Cover with vented plastic wrap and cook on sensor. ALLOW STANDING TIME OF 1 MINUTE OR UNTIL THE EGGS HAVE SET.

Puff Omelet or Egg Cake -

This is one the easiest ways to cook eggs by microwave. Though it doesn't look like a conventional omelet, it tastes great and is so much easier to make. Beat eggs and milk (1 TS per 1 egg) until blended in a 4 cup measuring cup or 1-2 quart microwave casserole dish. Cover with vented plastic wrap and cook on **sensor**. ALLOW STANDING TIME OF 1 MINUTE.

Scrambled Eggs -Cook

as puff omelet but scramble immediately after cooking.

Ham and Egg for One -

This recipe is done before the toast pops out of the toaster and no frying pan to wash.

Place a slice of boiled ham in an 8 ounce coffee cup and crack a large egg into the ham cup. Cover with plastic wrap and cook on **sensor**. ALLOW STANDING TIME OF 1 MINUTE OR UNTIL THE EGGS HAVE SET.

SENSOR COOK RECIPES

EZ Eggs and Sausage for Two -

This is a great recipe for two busy people who have to get off to work without a lot of breakfast preparation.

4 cooked breakfast sausage links
4 eggs, beaten
2 scallions, thinly sliced
salt and pepper to taste

Coat a 9-10 inch glass pie with vegetable oil spray and place the sausages around the edge of the plate. Pour the eggs into the plate and cover with plastic wrap and cook on **sensor**. ALLOW STANDING TIME OF 1 MINUTE OR UNTIL THE EGG HAVE SET.

Chicken

Chicken in Yogurt, serves 2

2 large chicken breasts, cut-up and skinned
3 tablespoons butter or margarine
3 tablespoons gravy flour
1 cup chicken stock
1 cup yogurt
1/2 teaspoon dried thyme leaves
salt and pepper to taste
Mix everything in a 2 quart microwave dish, cover and cook on microwave on high power for about 15 minutes or until the chicken is 170 degrees.

Breast of Chicken Florentine, serves 2

1 10 ounce package frozen spinach, cooked and squeezed of water
2 skinned and boned chicken breasts, cut in half
1/2 pound white mushrooms, sliced
1/2 cup grated Parmesan cheese
1/4 cup bread crumbs
1 tablespoon lemon juice
chopped parsley

Lay the spinach on the bottom of a shallow casserole dish or glass pie. Lay the chicken breasts over the spinach and top with the mushrooms. Mix the cheese and crumbs and sprinkle over the mushrooms. Drizzle lemon juice over the top and cover with plastic wrap. Cook using microwave on high power for 10 minutes or until the chicken is 170 degrees. Sprinkle with parsley and serve.

Meatless Dishes

Potato Onion Bake, serves 2

2 medium baking potatoes, cubed
1 large yellow onion, diced
2 tablespoons olive oil
salt and pepper to taste

Place everything in a 2 quart microwave dish, cover and cook on microwave on high power for 10 minutes or until the potatoes are tender.

Beans and Rice, serves 4 as a side dish or 2 as a meal

1/2 cup long grain rice
1 1/2 cup tomato or V8 juice
1 can (14 ounce)pinto beans, drained
1 tablespoons dried onion flakes
salt and pepper to taste

Place everything in a 2 quart microwave dish, cover and cookon microwave on high power for 15 minutes or until the potatoes are tender.

TROUBLESHOOTING

Questions and Answers

Operation

Question	Answer
Why is the oven light not on during cooking?	There may be several reasons why the oven light is not on. Have you: • Set a cook time? • Touched START?
Why does steam come out of the air exhaust vent?	Steam is normally produced during cooking. The microwave oven has been designed to vent this steam.
Will the microwave oven be damaged if it operates empty?	Yes. Never operate the oven empty or without the glass turntable.
Does microwave energy pass through the viewing screen in the door?	No. The metal screen bounces the energy back to the oven cavity. The holes (or ports) allow only light to pass through. They do not let microwave energy pass through.
Why does a tone sound when a pad on the control panel is touched?	The tone tells you that the setting has been entered.
Can my microwave oven be damaged if food is cooked for too long?	Like any other cooking appliance, it is possible to overcook food to the point that the food creates smoke and even possibly fire and damage to the inside of the oven. It is always best to be near the oven while you are cooking.
When the oven is plugged into wall outlet for the first time, it might not work properly. What is wrong?	The microcomputer controlling your oven may temporarily become scrambled and fail to function as programmed when you plug in for the first time or when power resumes after a power interruption. Unplug the oven from the 120-volt household outlet and then plug it back in to reset the microcomputer.
Why do I see light reflection around the outer case?	This light is from the oven light which is located between the oven cavity and the outer wall of the oven.
What are the various sounds I hear when the microwave oven is operating?	The clicking sound is caused by a mechanical switch turning the microwave oven's magnetron ON and OFF. The heavy hum and clunk is from the change in power the magnetron draws as it is turned ON and OFF by a mechanical switch. The change in blower speed is from the change in line voltage caused by the magnetron being turned ON and OFF.

Food

Question	Answer
What is wrong when baked foods have a hard, dry, brown spot?	A hard, dry, brown spot indicates overcooking. Shorten the cooking or reheating time.
Why do eggs sometimes pop?	When baking, frying, or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. CAUTION: Never microwave eggs in the shell.

TROUBLESHOOTING

Questions and Answers (continued)

Food

Question	Answer
Why are scrambled eggs sometimes a little dry after cooking?	Eggs will dry out when they are overcooked, even if the same recipe is used each time. The cooking time may need to be varied for one of these reasons: • Eggs vary in size. • Eggs are at room temperature one time and at refrigerator temperature another time. • Eggs continue cooking during standing time.
Is it possible to pop popcorn in a microwave oven?	Yes, if using one of the two methods described below: (1) microwave-popping devices designed specifically for microwave cooking (2) prepackaged commercial microwave popcorn that is made for specific times and power output needed Follow exact directions given by each manufacturer for its popcorn popping product and do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested time, discontinue cooking. Overcooking could result in an oven fire. CAUTION: • Never use a brown paper bag for popping corn or attempt to pop leftover kernels. • Do not pop prepackaged commercial microwave popcorn directly on the glass turntable. To avoid excessive heating of the glass turntable, place the popcorn bag on a plate. • Listen while corn pops. Stop oven when popping slows to 2-3 seconds between pops. • Do not leave microwave unattended while popping corn. • Follow directions on bag.
Why do baked apples sometimes burst during cooking?	The peel has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in conventional cooking methods, the interior of the apple expands during the cooking process.
Why do baked potatoes sometimes burn during cooking?	If the cooking time is too long, fire could result. At the end of the recommended cooking time, potatoes should be slightly firm. CAUTION: Do not overcook.
Why is a standing time recommended after microwave cooking time is over?	Standing time allows foods to continue cooking evenly for a few minutes after the actual microwave oven cooking cycle. The amount of standing time depends upon the density of the foods.
Why is additional time required for cooking food stored in the refrigerator?	As in conventional cooking, the initial temperature of food affects total cooking time. You need more time to cook food taken out of a refrigerator than for food at room temperature.

TROUBLESHOOTING

Before Calling for Service

You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the list below and try the solutions listed for each problem.

If the microwave oven still does not work properly, contact the nearest LG Authorized Service Center.

LG Authorized Service Centers are fully equipped to handle your service requirements.

Problem	Possible Causes
Oven does not start	• Is the power cord plugged in? • Is the door closed? • Is the cooking time set?
Arcing or Sparking	• Are you using approved cookware? • Is the oven empty?
Incorrect time of day	• Have you tried to reset the time of day?
Unevenly Cooked Foods	• Are you using approved cookware? • Is the glass turntable in the oven? • Did you turn or stir the food while it was cooking? • Were the foods completely defrosted? • Was the time/cooking power level correct?
Overcooked Foods	• Was the time/cooking power level correct?
Undercooked Foods	• Are you using approved cookware? • Were the foods completely defrosted? • Was the time/cooking power level correct? • Are the ventilation ports clear?
Improper Defrosting	• Are you using approved cookware? • Was the time/cooking power level correct? • Did you turn or stir the food during the defrosting cycle?

FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT

WARNING:

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with limits for ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following:

- Reorient the receiving antenna of the radio or television.
- Relocate the microwave oven with respect to the receiver.
- Move the microwave oven away from the receiver.
- Plug the microwave oven into a different outlet so that the microwave oven and the receiver are on different branch circuits.

The manufacturer is not responsible for any radio or TV interference caused by **unauthorized modification** to this microwave oven. It is the responsibility of the user to correct such interference.

LG MICROWAVE OVEN LIMITED WARRANTY – USA

LG Electronics Inc. will repair or replace your product, at LG's option, if it proves to be defective in material or workmanship under normal use, during the warranty period set forth below, effective from the date of original consumer purchase of the product. This limited warranty is good only to the original purchaser of the product and effective only when used in the United States, including U.S. Territories.

<u>WARRANTY PERIOD:</u>	<u>HOW SERVICE IS HANDLED:</u>
Model: LMA2111ST, LMA2112WT LMA2113BT, LMA2114BQT Labor: 1 Year from the Date of Purchase. Parts: 1 Year from the Date of Purchase. Magnetron: 10 Years from the Date of Purchase.	Call 1-877-714-7486 and choose the appropriate prompt. Please have product type (Microwave) and ZIP code ready.

THIS WARRANTY IS IN LIEU OF ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING WITHOUT LIMITATION, ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. TO THE EXTENT ANY IMPLIED WARRANTY IS REQUIRED BY LAW, IT IS LIMITED IN DURATION TO THE EXPRESS WARRANTY PERIOD ABOVE. LG WILL NOT BE LIABLE FOR ANY CONSEQUENTIAL, INDIRECT, OR INCIDENTAL DAMAGES OF ANY KIND, INCLUDING LOST REVENUES OR PROFITS, IN CONNECTION WITH THE PRODUCT. SOME STATES DO NOT ALLOW LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU.

THIS LIMITED WARRANTY DOES NOT APPLY TO:

1. Service trips to your home to deliver, pick up, and/or install the product, instruct, or replace house fuses or correct wiring, or correction of unauthorized repairs; and
2. Damages or operating problems that result from misuse, abuse, operation outside environmental specifications or contrary to the requirements or precautions in the Operating Guide, accident, vermin, fire, flood, improper installation, acts of God, unauthorized modification or alteration, incorrect electrical current or voltage, or commercial use, or use for other than intended purpose.
3. Therefore, the cost of repair or replacement of such a defective product shall be borne by the consumer.

CUSTOMER INTER-ACTIVE CENTER NUMBERS:

To Prove Warranty Coverage	Retain your Sales Receipt to prove date of purchase. A copy of your Sales Receipt must be submitted at the time warranty service is provided.
To Obtain Nearest Authorized Service Center or Sales Dealer, or to Obtain Product, Customer, or Service Assistance	Call 1-877-714-7486 (Monday ~ Friday, 7 AM ~ 8 PM CT; and Saturday, 8 AM ~ 5 PM CT) and choose the appropriate prompt from the menu; or visit our website at http://www.lgservice.com .



LG Electronics Inc.

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